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ABSTRACT

Focusing entirely on tobacco use, this book offers parents a powerful program for preventing or ending their children's tobacco addiction. The book provides practical strategies and suggestions to show parents how to help their children to make wise health choices and prepare them to meet their physical, social, and emotional needs without tobacco. Topics covered include: recognizing the five stages of tobacco use--preparatory, trying, experimental, regular use, and dependency or addiction; how to present and reinforce the dangers of tobacco at different ages; and how to teach children to be suspicious of cigarette advertising by looking at the strategies behind the ads. The chapters of the book are: (1) "The Challenge: Raising Tobacco-Free Children"; (2) "An Early Start: Talking about Tobacco with Young Children"; (3) "Teaching Children To Manage Emotions without Tobacco"; (4) "Teaching Children To Be Social without Tobacco"; (5) "Talking with Teens about Tobacco"; (6) "Roadblocks to Understanding"; (7) "Decisions and Agreements about Tobacco"; (8) "Helping Your Child Quit"; and (9) "A Final Word to Parents." (Includes a brief list of resources.) (HTH)

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